Bullying—What Is and is Not Bullying

One definition of bullying is:

"Bullying is a conscious, **repeated**, hostile, **aggressive** behaviour of an individual or a group abusing their position with the ***intention*** to harm others or gain real or perceived **power**".

Whatever definition of bullying is used, they all contain a similarity that the behaviour is **repeated, aggressive and about getting power.**

What is Bullying	What is *Not* Bullying
Any of the following ***aggressive*** behaviours are bullying if the actions are ***repeated,*** and done with the ***intention of gaining power.***	Any of the following ***aggressive*** behaviours are not bullying if the actions occur ***once*** (i.e, no pattern) or done with ***no*** **intention of gaining power.**
Physical Attack such as: • Bumping into someone • Pushing, Shoving, Tripping • Hitting (directly or with something else) • Punching, Kicking • Fighting	**Physical behaviours** such as: • Accidentally bumping into someone • Making others play things a certain way (natural behaviour—everyone likes things done their way) • Any of the behaviours listed to the left (pushing, shoving, tripping, hitting etc) which occurs ONCE (i.e. is not a repeated pattern of behaviour)
Verbal Attack—for any kind of difference such as: • Racial • Gender • Sexual orientation • Physical (height, weight, glasses etc) • Skills, Ability/Disability (too smart, stupid, spaz, etc) • Physical appearance (clothes, jewellery, hair cut) • Economic status • Marital status • Religion • Association with a group • Threats and intimidation • Taking possession or stealing (eg, hat, money etc). • Exclusion form groups/activities	**Verbal behaviours** such as: • A statement of dislike toward or about someone • A single act of telling a joke about someone • Arguments or heated disagreements between two or more people/groups (the pattern of which is not repeated to gain power) • Expression of unpleasant thoughts or feelings regarding others.
Non-Verbal Attack such as: • Staring or glaring • 'Pretending to whisper' While looking at someone • Shunning	**Non-verbal behaviours** such as: • Being excluded • Not playing with someone • Choosing different people or groups to play with from time to time.